

ABLE Bodies Participant Homework for Session 14

Flexibility

Do stretches daily or often. Breathe deeply to make stretches bigger.

- Farmer's Stretch or Sunburst arms
- Farmer and the Hula
- Carry the Baby, seated or standing
- Gentlemen's Bow, seated or standing

Posture and Core Stability

Pick one for each day.

- The Up and Up—see homework from session 10
- Thumb Rolls—see homework from session 2

Strength for a Purpose

On 2 days, do each exercise 8 to 12 times, as tolerated (until your legs tire).

- Teeter-Totter Chair Stands—Can you do the one-legged style?
- Standing Heel Raises
- Side Step Walking or waltzing to music

Balance Practice

- Practice stepping over easy obstacles. Place them by a handrail for better balance safety.
- Shake a Leg—see below

SHAKE A LEG

The Start

- Stand beside a handrail, a sturdy chair, or use a walker for balance safety.
- Transfer your weight, belly button style, to one leg. Your upper body should not lean beyond your hips.

The Moves

- When you're ready and can tell your weight is over the support leg, lift the other leg off the ground. Steady yourself and balance over the grounded leg.
- Slowly move your free leg forward, to the side, and to the back, while keeping your balance.
- Do the same standing on the other leg.



It will be easier if you can keep the support knee soft; stay upright with good core stability; and maintain a horizon-level visual target (like in Eyes on the Prize).